

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald, SATURDAY, APRIL 10, 1915.

TUESDAY, APRIL 13, 1915.

Why Is a Sweet Tooth?

Does just the right of candy spread out in the window of the confectioner's shop tempt you? Do you have to pull yourself together when you pass that candy store to keep you from going in to spend part of your household allowance for a pound or two of fresh chocolate? And the smell of caramels, of course, that entices you. They say that on the first and the fifteenth of every month—days when the government clerks are in receipt of their salary checks—that one of the most famous of our country's shopkeepers opens his doors to emit a tempting, offensive fragrance of fresh caramels as bait for a fraction of every government clerk's salary.

Are you tempted? Have you a sweet tooth? It is ten to one that you have, and it is probably a part of your dental equipment with which you would least willingly part. Of all the harmless, quiet joys of life there is probably none that you enjoy more than the eating of sweets.

It is probably the most widespread of all cravings. The child acquires this fondness usually before he has tasted coffee, or tea, or any of the stimulants to which older folk are partial, and it would probably be hard to find a child, who once having tasted sugar, needs any further inducement to eating it. And so this taste grows up through life. The working girl, whose days are all spent behind some counter or pounding the keys over a desk, no less than the busy, muscled timberman of the woods, whose life is all spent in the freshness of outdoor air, has a strong fondness for sugar.

Yet Dr. H. W. Wiley recently said that this sweet tooth of ours is not natural—and that the craving for sugar is really a perversion. "Children sugar," he explains, "and I don't want to give them to have it. I wouldn't give candy or sugar to a child until after he has been 18, and then only after he has had a hard day." But luckily for the child with a sweet tooth, scientists do not all agree, and there are some authorities on dietetics who say that pure candy taken in excess is of high food value for children, as for all who are engaged in active exercise.

HOROSCOPE.

"The stars incline, but do not compel."

Tuesday, April 13, 1915.

This is a fairly lucky day, even though it is the thirteenth, for many planets give promise of good fortune.

Early in the morning Jupiter is in benefic aspect and later Venus, the Sun and Uranus all have favorable aspects, which will culminate next season.

It should be an auspicious time to make big investments, especially those that establish new business enterprises. There is a lucky sign in the financial ventures, which will culminate next season.

Lawyers, bankers and brokers should benefit today. Speculation is subject to the best direction, but there is a sinister sign for a national loan.

Merchants should prosper after reorganization and retrenchment. Changes in old established firms will be numerous in the next few months.

There is a sign believed to encourage the study of philosophy and healing. Religious movements and philanthropic institutions should benefit, but sectional rivalries will shock benevolent natures and others who give generously.

Under this configuration, women are most lucky. They should expect to receive the advantages that this day is believed to afford.

It is an auspicious time for weddings and engagements. Love will be more prevalent than it has been and a strong revival of sentimentalism is postulated. This will affect the stage and all branches of literature.

Theaters are under a most encouraging way. While many reforms in management are foreshadowed public interest will continue to increase and the drama will gain a new status, the secret fortell.

The death of a person whose name has been long associated with the best traditions of the stage is predicted.

This should be an exceedingly fortunate day for the President of the United States, but he is warned to be careful of his health. Grave anxiety will be his strength next month, the stars declare.

Persons whose birthdate it is should be careful to avoid accidents, which often menace during the year. They have an encouraging outlook in financial affairs.

Children born on this day may be sensitive and inclined to quarrel. They should be guarded against perils on the water.

Girls Urged to Become Doctors.

A campaign to interest college girls in the medical profession and counteract the falling attendance of women at medical schools is being carried on under the auspices of the Women's Medical College by Dr. Gertrude A. Walker. Dr. Walker has recently made a round of visits to South, Western, Middle, Eastern, Radcliffe, and Bates colleges. To the students of all these institutions Dr. Walker pointed out the fact that owing to the advanced entrance requirements and advanced undergraduate standards, the number of female medical graduates in the country has in the last ten years decreased 44.1 per cent. College graduates, she told her audiences, were able to meet the requirements, and were especially needed in philanthropic, mission, and social service branches of the profession.

Unlucky Third Marriages.

In certain parts of India a third marriage is considered unlucky, and when a man wishes to marry again after two previous trials, he goes through a mock ceremony with a bird or flower or animal as the bride, in order that his next wife will be the fourth and not the third venture—a clever means of evading superstition.

Is it any more ridiculous, however, than the lengths to which people in this country will go to avoid the number thirteen or "unlucky days" and other household bogies, too numerous to mention and so common as to be scarcely objects of comment?

SUSAN COCROFT

or

How to be Healthy

In Mind-In Body

Awaken the Body Before Beginning the Day's Work

SOMEONE writes: "I am never good for anything in the morning. It is 11 o'clock before I can actually accomplish anything. I wonder if you have awakened the body before you try to set it to work? Have you ever watched a little child if it awakens naturally? The first thing it does is to stretch and yawn and breathe."

Watch almost any animal when it first awakens, particularly cats and dogs. They stretch the whole body, the jaws, the muscles of the face and neck, and they squirm until every vital organ is awake. They have started the circulation through the vital organs. Then they yawn, awakening the diaphragm, and take long, deep breaths. The muscles holding the vital organs are stretched and relaxed and the circulation is quickened down to the animals' very toes.

Here is a lesson for us. When you first awaken in the morning, before you stretch the tips of your fingers to the ends of your toes, squirm, yawn and breathe. Take six or eight deep, full inhalations of fresh air. Of course, in the day, I do not need to suggest to any one to sleep with moving air in the room.

Remember it is more necessary to reach the vital organs by exercise than to reach the extremities, and yet physical culture to the majority means mere crude gymnastics. The average physician today knows comparatively little of the nature of physical exercise to strengthen heart, lungs, the organs of digestion and elimination. All exercise, to most physicians, means either crude gymnastics or a walk.

If you have a few exercises which have been prescribed particularly for you to awaken the vital organs, when you stretch the tips of your fingers to the ends of your toes, you should have exercise to stretch the muscles about the spinal cord. These stimulate the spinal nerves, the sympathetic nervous system and the medulla oblongata. They aid digestion by exciting normal secretion and absorption throughout the entire digestive system.

After you have taken special exercises, stretched and yawned and breathed in bed, arise. Take your bath and after your bath take a brisk rub, so as to get a good activity through the skin. The character of your bath depends upon your condition. If you are in good health, take a cold tub. If you are not in especially good health, take a cold sponge with a brisk salt rub, but the bath should be directed for the individual case. Some are not able to react from a cold bath. In these cases a tepid bath is better.

If you have not formed the habit of taking regular exercises, deep breathing and your cold bath in the morning, you have missed much of the day's enjoyment, for you will be surprised at the more work you can accomplish and with greater ease.

Miss Cocroft will endeavor to answer all questions relating to her department as promptly as possible. As it will not be practicable to print an answer to every inquiry, a stamped envelope should accompany each letter. All letters should be addressed to Miss Susanna Cocroft, care of this paper.

Potatoes for Children.

Mrs. F. M. asks: "Are potatoes sufficient?"

TODAY'S FASHION HINT.

The new fashions offer quite a range of choice for the mature woman, as the full skirts and simple waists are much better suited to her figure than the hazy kimono blouses and the skimming skirts of last year. Of course, there are extreme styles to be found, but they need not be chosen.

Colors are quiet, too. The various shades of tan, including beige, sand, fawn and mink, together with bathous gray, black and white combinations, dark blue, and the gray-blue shades are worn, as well as the new-old shade known as ashes or tree, which is a dull pinkish gray that is very becoming to older women, says the fashion Daily Courier. There are quiet tones of green, too, that are admirable for spring and summer, and violet will be worn a lot.

In materials, creased effects, such as wool poplin, whorled, and gathered, wool faille, bengaline, and bed-cord cords are fashionable, as well as the always popular serge. There is a return to favor of tulle and lace-trimmed skirts, these make charming afternoon wearing in fawn and gray, touched up with cream net or lace.

Petticoat Revival.

"It seems to me that we divide our time between work for the soldiers and visits to the big dressmaking establishments," writes an English fashion expert. "The new spring models are being shown just now, and some of them are quite lovely. People say that there is no very marked change of 'line,' but I think that English women will think otherwise."

"We spent the autumn at Biarritz, and it is certainly true that wide skirts and jersey bodies were to be seen down there in October. But then Biarritz represented Deauville and Trouville and Paris all in one last autumn."

"Everything that had been created for the Deauville race week made its appearance on the Grand Plage at Biarritz. It was down there that the fashions of today were launched—the ultra-wide skirts and tight bodices and full petticoats."

"Yes, it is true; petticoats have come into fashion again. Of this there can be no doubt. I do not mean to say that they are being largely worn at the present moment, but they are being made by all the big dressmakers and lingerie people."

Changes in Personnel.

The following changes in its personnel were yesterday announced by the Department of Commerce:

The temporary appointment of Miss Isabella Soudowicz as clerk, at \$900, in the Bureau of Foreign and Domestic Commerce at New York has been extended.

In the Lighthouse Service a probationary appointment has been given Charles E. Brown as clerk, at \$800, in the Third District, at Tompkinsville, N. Y.

MISS ANNE MORGAN SAYS 'ALL WOMEN SHOULD WED' DISCUSSES OLD MAIDS

FAVORITE PHOTOGRAPH OF MISS ANNE MORGAN.



"It has been the habit of old maids to dwell on their condition, and among so I come out in the lead of single women and emphasize the fact that every woman should be married."

"The woman is supposed to be a creature of the home, and it is a happy marriage, the making of a home and the raising of children."

"Every woman is responsible for one of two things: her work for this generation or her work for the coming one."

"Superior things have been accomplished by single women in every field of endeavor today. It is the vital force finding expression through these different mediums."

Miss Anne Morgan, daughter of the late J. Pierpont Morgan.

TOMORROW'S MENU.

"An excellent and palatable menu for which I'll bet you'll cook. There's gold in that and a knight."—Ben Johnson.

BREAKFAST.
Cereal and Eggs
Milk and Butter
Marmalade

LUNCHEON OR SUPPER.
Roast Chicken
Cauliflower
Baked Potatoes
Blackberry Pie
Tea

DINNER.
Caper Sauce
Roast Beef, Mashed Potatoes
Baked Potatoes
Spinach Salad
Omelette Filling

Tomato omelette—Skin two ripe tomatoes, cut in slices or cubes and fry in butter. Beat four eggs for an omelette, season with salt and a sprinkle of pepper, and mix with the tomato slices. When set put the fried tomatoes, drained of superfluous moisture, in the center and fold.

Rhubarb fritters—Stew two-inch lengths of rhubarb carefully in sweetened water, cool and drain. Then dip into a rather stiff fritter batter, fry brown in hot fat, drain, dredge with sugar and serve with the syrup in which the rhubarb was cooked.

Mushroom sauce—Melt a tablespoonful of butter, add a tablespoonful of flour, and cook until smooth and brown. Add a cupful of the liquor in which the mushrooms were cooked or canned. Simmer for about five minutes and then add a cupful of cooked mushrooms, salt and pepper to taste and a teaspoonful of lemon juice. Stir again and then add a beaten egg yolk and a tablespoonful of butter, and when it is smooth and creamy, serve.

Why Not Use Stools?

Stools should be more used today than they are. They are just as comfortable to sit on for certain occasions, they are very convenient to hold that transitional tray, and they are, by all means, more easily disposed of in between festive moments in the drawing or living room.

One never can have as many straight-backed chairs as one needs. There is never the wall space for them. But a stool, chair height, midway of the floor, can be tucked under a table or almost anywhere.

When upholstered with velvet or tapestry, they afford the opportunity for quite pleasing bits of color.

England is organizing women's volunteer reserve forces in the following lines: signaling, dispatch riding, telegraph operating, motor driving and camp cooking. The corps is for use only in case of an invasion of England. Four companies already have been formed with Lady Londonderry as colonel.

Could Save \$45,000 a Year.

If the mail carried by one line between New York and Chicago could be sent by express instead of "as mails," the government would save \$45,000 a year on that line according to a statement issued yesterday by Postmaster General Burleson.

YOUR FIRST NAME ITS ORIGIN AND THE FAMOUS FOLK WHO HAVE BORNE IT

CYRUS DARIUS MARGARET

Cyrus, Darius and Margaret the small heritages of modern European nomenclature from Persia—A name which arose in an oyster shell and became the greatest name among Queens—The few namesakes of the two great Persian Kings in modern times, and the name Margaret.

By FRANCES MARSHALL.

Now more for steps in the eastern climate. Advance, and the earth with relief, centuries and centuries ago, perhaps even before history began, the legend-loving Persians believed that at night oysters came from the depths of the sea to float on the top of the waves and worship the moon. When they opened their shells in adoration, so went the story—the moon, in recognition of her faithful devotees, dropped within each one a drop of dew, congealed into a miniature likeness of herself.

These crystallized dewdrops the Persians called Murwar, or children of light; we call them pearls. As Greece learned from Persia and spread her customs and teachings, Murwar, or Margarets, as the Greeks called the name, was adopted as a woman's name, and like the Orient pearl of dew, was handed over the earth by an ever-increasing host of Margarets, Margerys, Margies, Megs, Margaretas, Peggys, Madeks, Margots, Gretches, Metas, Daries, Kitties, Gretches, Gretches, Gretches, Margies, and Margories, who are met with every day in every Western land.

Cyrus, Darius, Margaret—these three are practically the only heritages of modern European nomenclature from Persia, the land that was perhaps the home of most of the ancestors of modern Europe, and hence of America. And these first names are among the very few the East has given to the West.

Darius and Cyrus, two of the greatest names of ancient Persia, mean sun and king, respectively. Cyrus the Great, founder of this marvelous kingdom of olden times, Darius who brought parts of India and Africa under his sway and under whom commenced the memorable conflict with Greece—these were men to be reckoned with throughout the world of their day.

But with the dimming of the glory of Persia, when Darius III gave way before Alexander the Great, these two names lost much of their renown.

It remained for America, many centuries later, to produce a man who should make one of these names resound from one end of the earth to the other with something of its former glory. This was Cyrus W. Field, who laid the first ocean cable. And other famous Americans brought modern fame to the other name, although fame of a lesser degree: Darius O. Mills stands out as one of the great capitalists of this country.

Cyrus Townsend Brady and Cyrus W. Adams, both authors of some repute, and Cyrus Constock, who has a good record as a soldier behind him, are in a small minority trying to keep their name in the rank where it belongs; Darius has no champion of its greatness at the present day.

But if Cyrus and Darius have, in a measure, dropped from their high place, the fate of the third of these Persian names is far different. Margaret, which has its humble, although romantic origin in the shell of an oyster, came in course of time to be the greatest of all names borne by queens. Perhaps there have been more queens named Mary and Catherine; perhaps queens of these two names have been more famous than any Queen Margaret. But the Margarets who have sat on thrones have, almost without exception, had some claim to fame other than the chance of birth.

Probably the greatest of all these Margarets brought about in the fourteenth century what she hoped would be a permanent union of Denmark, Norway, and Sweden. Denmark she inherited from her father; Norway from her husband, Haakon VI.; Sweden she wrested from his king, Albert. Although this Margaret ruled practically all of Scandinavia, and has been called because of her power, the Semiramis of the North, she never signed herself anything but "Margaret, by the grace of God, daughter of Valdemar, King of Denmark."

A century later another northern Margaret created a stir in the world. She was the daughter of Christian I of Denmark, and the wife of James III of Scotland. James demanded a dowry of 60,000 gulden, but the Danish King was poor, and could not pay it from his own small fortune. So he raised the money on some of the possessions of his Norwegian subjects by remitting the payment due from Scotland for the Hebrides, and by pawn-ing the Orkneys and the Shetlands. Thus James III and his country received not only a queen, but some desirable little islands as well.

Margaret was already a royal name in Scotland when this Danish princess went there to rule. The best-loved queen that Scotland ever had was St. Margaret, wife of Malcolm Canmore, whom she married about 1057—a queen that every one can respect because of her virtue, piety, and democratic ways, a saint that every one can understand, because of her very human love of the good things of life.

Another Margaret of importance to Scotland was the wife of James IV, son of the Danish princess whose dowry cost her father's subjects so dear. She was the eldest daughter of Henry VII of England—therefore sister to Henry VIII—and her marriage in 1502 laid the foundation for the union of England and Scotland by her grandson, James VI of Scotland, who ascended the English throne about 160 years later as James I.

Two Margarets were Queens of England. Margaret of France, and Margaret of Anjou. The first, who married Edward I in 1299, was beloved for her kindness to the poor, and for her patronage of music and the fine arts. That is, of all the fine arts save the art of letters, for if records may be believed, Queen Margaret cared little for literature. The royal library of her day, it is said, consisted of seven volumes—two works on religion, a treatise on agriculture, a book of chants, one romance, the Annals of Tancarville, and a history of Britain. At a time when the common library on every other street corner in her day and generation, it is fair to assume that the Queen's reading was quite limited. Margaret, it is said, was not beautiful, but she was "good with a woman's touch."

The other royal English Margaret married Henry VI in 1445, and aimed a complete away over her somewhat inferior husband. Five years of her queenly life she spent in prison, where she was put by Richard, Duke of York, who claimed the throne after the death of Edward IV, and thus began the Wars of the Roses.

Margaret, the fair maid of Norway, who died at the age of 7 in the last part of the thirteenth century, was rather held the weight of nations in her own small hands, for she was heiress to the throne of Norway and of Scotland, and betrothed to the English heir, Prince Edward of Wales. Margaret of Flanders, who in the thirteenth century reigned prosperously for thirty years over Flanders and Hainault, Margaret of Austria, who almost 30 years later carried on a successful reign over the Netherlands, and Margaret of Parma, the great agent under whom a little later began the struggle for independence in the Netherlands, Margaret of Anjou, sister of Francis I, and grand-daughter of Henry IV of France, the latter King's wife, Margaret of Valois, leader of learning and fashion, and Margherita, Dowager Queen of Italy today—these are some of the other Margarets of royalty who have helped make world history, some of it special in character.

Outside of royalty, there have also been some Margarets of fame. Several of the most noted a martyr of Placidia in the very early times, brought credit to the name, Margaret Roper was the devoted and sympathetic daughter of the English statesman and author, Sir Thomas More. Maggie Mitchell, Peg Woffington and Margaret Anglin are three prominent actresses of the name. Margaret Deland and Margaret Sangster represent the name among writers, and Margot, another wife of England's prime minister, is perhaps as much talked about today as ever was a famous Margaret of olden time.

Once, at least, a queen of the name gained fame, and that was Margherita d'Arezzo, one of the early Tuscan painters, who lived and wielded his brush in the thirteenth century.

(Copyright by Frances Marshall.)

"When you didn't have the fare, did the conductor put you off and make you walk?"

"Oh, no; he merely put me off. I could have sat on the curb, so far as he cared."—Philadelphia Public Ledger.

Most Old People Are Constipated

The wear of years impairs the action of the bowels. With advancing age people are disposed to restricted activity and exercise, which is responsible for the constipated condition of most old folks. The digestive organs are more sensitive to the demands made upon them and rebel more quickly.

A mild, effective remedy for constipation, and one that is especially suited to the needs of elderly people, women and children, is the combination of simple laxative herbs with pepsin that is sold in drug stores under the name of Dr. Caldwell's Syrup Pepsin. A free trial bottle can be obtained by writing to Dr. W. B. Caldwell, 432 Washington St., Monticello, Ill.

HOUSE-WIVES DAILY ECONOMY CALENDAR

ECONOMIES OF THE TAILORED BLOUSE.

The tailored blouse is an element of economy in the careful woman's wardrobe. It is used to be called the shirtwaist; occasionally, even now, it is called a shirtwaist. But the shops dub it a tailored blouse.

Its claims to economy rest on its simplicity, largely. It can be easily cleaned, easily pressed, and so looks neat and wearable long after its more elaborate sister, the blouse of chiffon or lace, is consigned to the rag bag.

Many of the new tailored blouses are made of handkerchief linen, of rather substantial quality, in light shades—pale green, watermelon pink, tan and yellow among the favorites. These blouses are untrimmed, save for severely stitched seams and a few white pearl buttons. They are usually made with collars that can be worn either buttoned up under the chin or else left open in a V-necked line.

Washable silk is also much used for these tailored blouses. Plain white is used, and it is the best choice for the woman who wears a white blouse and cool in appearance, it has the added advantage of looking well with a white or colored skirt, with a gray sweater or a covert for coat. It harmonizes with the rest of the wardrobe, whatever that may be.

There are colored washable silk blouses of this type too. Fresh pink is as popular in silk, almost, as it is in chiffon and crepe de chine, and pale pink blouses made with long, shirt-waist sleeves, roll-collars, patch pockets and shirtwaist openings in front are not unusual.

Crepe de chine is made up into these practical waists, and perhaps the crepe de chine waist is, after all, the most durable. Crepe de chine has proved itself a sturdy fabric, and can be satisfactorily laundered, and does not lose its character after long wearing. It should always be remembered that the better qualities in crepe de chine should be chosen for these blouses that will come in for hard wear.

(Copyright, 1915.)

Voice of Experience.

"Why, there's nothing but bees here. That did you expect to find?"

"Well, when I asked to be directed to the apiary, I certainly thought I was going to the place where they kept the bees."—Baltimore American.

ONEIDA COMMUNITY STATE SILVER SEAL SPOONS

2 Herald Coupons and 12¹/₂ 12¹/₂c

These are genuine Oneida Community Silver—the recognized standard of silverware. Fully guaranteed by the manufacturers. Not cheap, imitation silverware, but heavily plated with 50 per cent of silver each. Richly engraved with the crest of the States—a spoon for every one of them.

North Carolina Spoons Are Here

—making a list of six States now on hand—
Virginia, Connecticut, New York, Pennsylvania, New Hampshire, and North Carolina.
Watch for announcements of others and make a collection of your favorite States.

CLIP THIS COUPON

This Coupon, together with one other clipped from yesterday's or tomorrow's Herald, with 13 cents, is good for one Spoon (25 cents for two Spoons), when presented to the office of The Washington Herald.

Note—When ordering by mail, add 3 cents extra for each spoon.